

Wrist/Hand Physical Examination

Name _____

Date _____

Wrist/Hand

Inspection

Finding	Positive
Mass	
Swelling	
Discoloration	
Deformity	
Cicatrix	
Joint Play	
Bony Palpation	
Soft Tissue Palpation	

Passive Range Of Motion

Wrist/Hand	Norm	Exam	Pain
Flexion	80		
Extension	70		
Medial Deviation	20		
Lateral Deviation	45		

Active Range Of Motion

Wrist/Hand	Norm	Exam	Pain
Flexion	80		
Extension	70		
Medial Deviation	20		
Lateral Deviation	45		

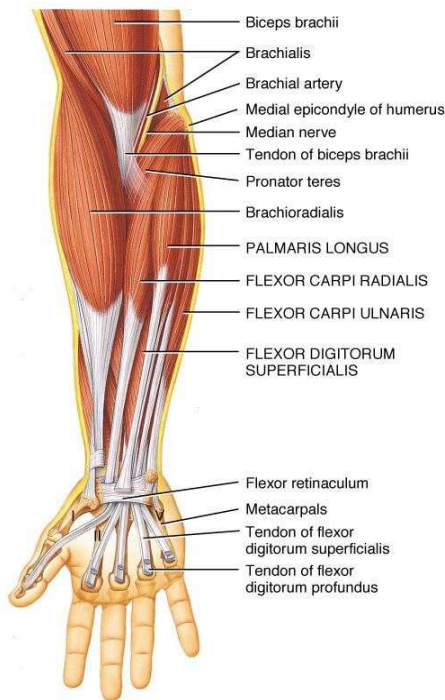
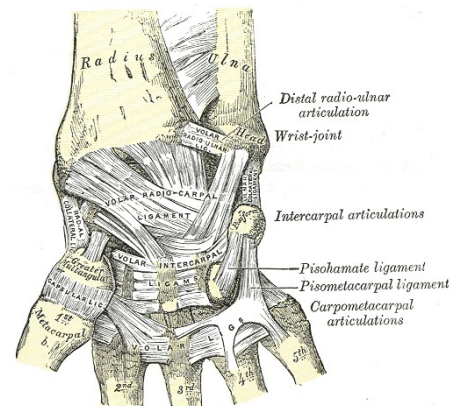
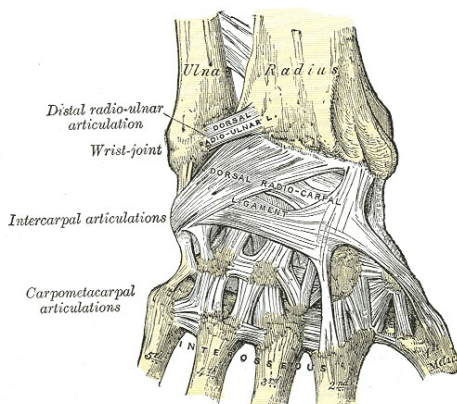
Orth/Neuro Tests

Test	Left	Right
Bunnel Littler		
Allen's		
Phalen's		
Reverse Phalen's		
Finkelstein's		
Tinel's		
Froment's		

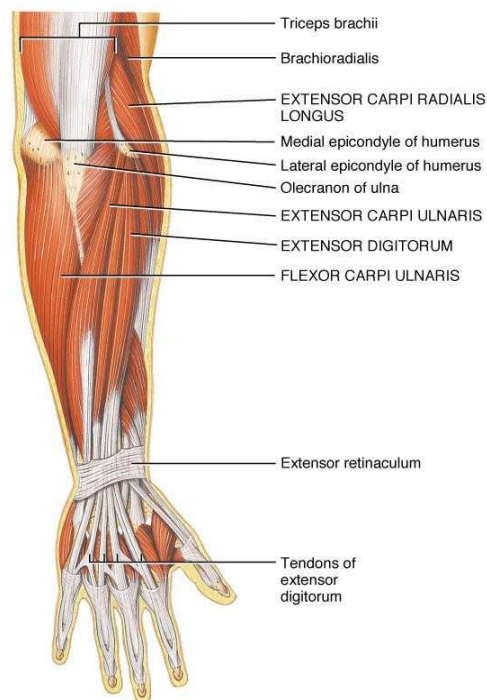
Muscle Strength

Test	Left	Right
Flexors		
Extensors		
Medial Deviation		
Lateral Deviation		
Finger Abduction		
Finger Adduction		

5 = normal; full ROM, full resistance
 4 = good; full ROM, some resistance
 3 = fair; full ROM, against gravity
 2 = poor; full ROM, no gravity
 1 = trace; no motion, with contractility
 0 = zero; no motion, no contractility



(a) Anterior superficial view



(b) Posterior superficial view